

Keeping Your Children Drug-Free

You want your children to be healthy and drug-free, but many parents find it difficult to spot signs of drug use, especially since many of the signs and symptoms listed below are common in normal adolescents. While there is no single warning sign for drug/alcohol use, some indicators of a potential problem include:

- Drop in school attendance or academic performance
- Lack of interest in personal appearance
- Uncharacteristic withdrawal from family, friends, or interests
- Isolation, depression, fatigue
- Hostility and lack of cooperation
- Increase in borrowing money
- Unaccounted for cash, especially in small denominations
- Change in friends
- Change in eating/sleeping habits
- Evidence of drug paraphernalia (e.g. rolling papers, eye drops, butane lighters, pipes)
- Use of incense or room deodorant
- Watered-down alcohol in liquor bottles
- Heightened secrecy about actions or possessions

If you suspect that your child is using drugs, take action. Ask your child whether he or she is taking drugs.

Trust your instincts and establish a zero tolerance for drug/alcohol use and set clear expectations.

If you need help or if you have any questions, do not hesitate to call:

Holmdel High School - Cathy Moran-Kudisch, Student Assistance Counselor at 732-946-1825

Holmdel Drug Alliance -Barbara Hilliard, Alliance Coordinator at 732-946-4330

All calls are kept strictly confidential.

Just a little of your time can make a lifetime of difference in your child's life.

Please use the web-sites listed below for additional resources and information.

Information & resources

National Substance Abuse & Mental Health Awareness: www.samhsa.gov

Partnership for Drug Free Kids: www.drugfree.org

Parent Resources for Preventing Child Drug & Alcohol Abuse: www.mediacampaign.org

US Dept of Education-Safe & Drug Free Schools: www.ed.gov/offices/OESE/SDFS

Drug Abuse Facts and Rehab/Addiction Resources: www.drugabuse.com

Teens and Youth Help Each Other (Resources): www.2ndfloor.org

Campaign For Tobacco Free Kids: www.tobaccofreekids.org

Popular Teen Websites:

www.teencentral.net

unique web site that is confidential & anonymous for teens and by teens - offers teen help for teen problems